

ABLE Bodies Participant Homework for Session 12

Play music you enjoy while doing your homework.

Flexibility

- Seated Whole-Body Stretch
- Standing Lunge Stretch—see below

Posture and Core Stability

Buddha's Prayer

Strength for a Purpose

On 2 days, do each exercise 8 to 12 times, as tolerated.

- Teeter-Totter Chair Stands
- Side Steps Walking
- Standing Heel Raises

Balance and Mobility

Put on waltzing music you love and maybe practice sidestepping with a friend. Hold each other's arms or hands for shared balance support. Use good posture. Keep abdominals braced and ribs lifted. Start with these two basics: Box Stepping or Waltzing.

STANDING LUNGE STRETCH

The Start

- Stand behind a sturdy chair with both hands on the back of the chair. Place your feet parallel and shoulder-width apart.
- Take a big step backward with one leg, about 18 to 24 inches. Keep that rear foot's heel up off the floor during the stretch.

The Moves

- It looks like a curtsy. Lower the back knee toward the floor until a stretch is felt across the front of your back leg (at the hip).
- Add to the stretch by gently leaning your upper body back, as comfortable. Your hands stay on the chair for balance support.
- Increase the stretch by lifting the same-side hand off the chair and up and over your head, as comfortable.

